



ISSN: 2456-0057
IJPNPE 2019; 4(1): 2494-2495
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www.journalofsports.com
Received: 15-11-2018
Accepted: 21-12-2018

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A study of attitude towards physical activity of different castes and gender among college students

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Abstract

The present study has been designed to investigate the differences in attitude towards physical activity of students of different castes in relation to their gender. The 200 students (50 Non-Scheduled Cast boys and girls, 50 Scheduled Caste boys and girls) of 19 to 24 years of age were randomly selected as subjects. To collect the data; the 'Physical Activity Attitude Scale' (PAAS) constructed by Dr. G.P. Thakur and Manju Thakur in year 1978 was administered. The 'mean and two way analysis of variance' (F-ratio) were used for statistical treatment of the data. The result of study indicated that the boys had more favourable attitude towards physical activity in comparison to the girls and non-scheduled caste students had more favourable attitude towards physical activity then the scheduled caste students. Further, attitudinal difference between boys and girls was found significant. Similarly, the difference between non-scheduled caste and scheduled cast students, and interaction between gender and caste were also found significant.

Keywords: Attitude, physical activity, casts and gender

Introduction

Physical activity is any body movement that works your muscles and requires more energy than resting. Dancing, walking running yoga swimming and gardening are a few examples of physical activity that is planned and structured. Lifting weights, taking an aerobics class and playing on a sports team are examples of exercise. Physical activity benefits overall brain health by reducing peripheral risk factor such as inflammation, diabetes, hypertension, and cardiovascular disease and by increasing blood flow and associated delivery of nutrients and energy. Physical fitness is a general state of health and well-bing and, more specifically achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Commenting on the importance of physical Activities Robinson and Shaver (1969) had shown that sports participation in general and positively correlated with the development of psychological, physical physiological well-being and the people who are activity in a variety of ways in such activities tend to report a higher degree of emotional wellbeing, life satisfaction, perceived happiness and physical fitness.

It is clear from the literature that development of an acceptable level of physical fitness which would help to attain certain healthy person and psychological characteristics and a better healthful living are universal accepted as a goal f a physical education programme. Physical Education teacher have postulated that social acceptance and educational conditions in addition to physical education activities and games, provide excellent media through which better physical fitness, personality characteristics, values, adjustment in different areas and attitude could be developed. Here, attitude is the root factor to develop these qualities. So, the attitudinal evaluation of youths towards physical activity is expected. The investigators made an attempt to study the attitude on gender and caste basis towards the physical activities.

Attitude

An attitude can be defined as the meaning that one associates which a certain object and which influence his acceptance of it. An element of acceptance or avoidance is present in any attitude, but additional associations are also involved.

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Physical activity

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active.

Hypothesis

There would be significant difference in attitude towards physical activity different castes and gender.

Methodology

For the purpose of this study subjects were selected from Degree College of physical Education Amravati. The 200 students (50 Non-Scheduled Caste boys and girls, 50 Scheduled Caste boys and girls) of 19 to 24 years of age. The stratified random sampling method. To collect the data, Physical Activity Attitude Scale' constructed by Dr. G.P. Thakur and Manju Thakur in year 1978 was administered. The 'mean and two way analysis of variance' (F-ratio) were used for statistical.

Analysis of Data and Discussing of Results

Table 1: Mean Scores of Attitude towards Physical Activity of Boys and Girls and Caste

Subjects	Mean
Boys	287.65
Girls	268.12
Non-Scheduled Caste	286.16
Scheduled Caste	269.09

An analysis of table 1 that the boys have more favourable attitude towards physical activity in comparison to the girls. Another non-scheduled caste have more favourable attitude towards physical activity than the scheduled caste.

Table 2: Mean Scores of Attitude towards Physical Activity of Non-Scheduled Caste and Scheduled Caste Boys and Girls.

Subjects	Mean
Non-Scheduled Caste's Boys.	302.67
Scheduled Caste's Boys	281.74
Non-Scheduled Caste's Girls.	478.46
Scheduled Caste's Girls.	266.86

Table 2. That non-scheduled caste boys and girls both have more favourable attitude towards physical activity in comparison to the scheduled caste boys and girls.

Table 3: Two Way Analysis of Variance of the attitude towards Physical Activity on the Basis of Gender

Sources of variance	Sum of Squares	df	Mean Square	F-rate
Gender	19524.35	1	19524.35	24.12*
Caste	13212.80	1	19524.35	16.87*
Gender×caste	9843.512	1	9843.512	12.23*
Within (Error)	159674.20	196	159674.20	
Total	202254.862	199		

Significant at 0.05 level of confidence, $t_{.5(58)}=2.00$

Table 3 reveals that the value of F- ratio between the boys and girls is 24.12 which is statistically significant at 0.05 level of confidence is very high in comparison to the value of tabulated F (2.00). We can say that there is significant difference between attitude of boys and girls towards physical activity. Another non-scheduled caste and scheduled caste F-

ratio is 16.87 is very high in comparison to the value of tabulated F (2.00). We can say that there is significant difference between attitudes of the non-scheduled caste and scheduled caste towards physical activity.

The result of the present study in table 3 also reveals that there is significant statistical interaction between the gender and their caste as we have found the value of F- ratio 12.23 which is must higher in comparison to the value of tabulated F (2.00).

Conclusion

The study indicated the majority of the boy's respondents had more favourable attitude toward physical activity in comparison of girl's respondents on the basis of obtained mean scores and found significant difference between boys and girls. Similarly the difference between non-scheduled caste and scheduled caste, and interaction between gender and caste were also found significant.

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